Dehydration

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Overview

- Water Functions
- Body Water
- Water Losses
- Fluid Requirements
- Mission Application
- Prevention

Water Functions

- Aqueous Milieu
- Volume Effects
- Heat Dissipation
- Solvent

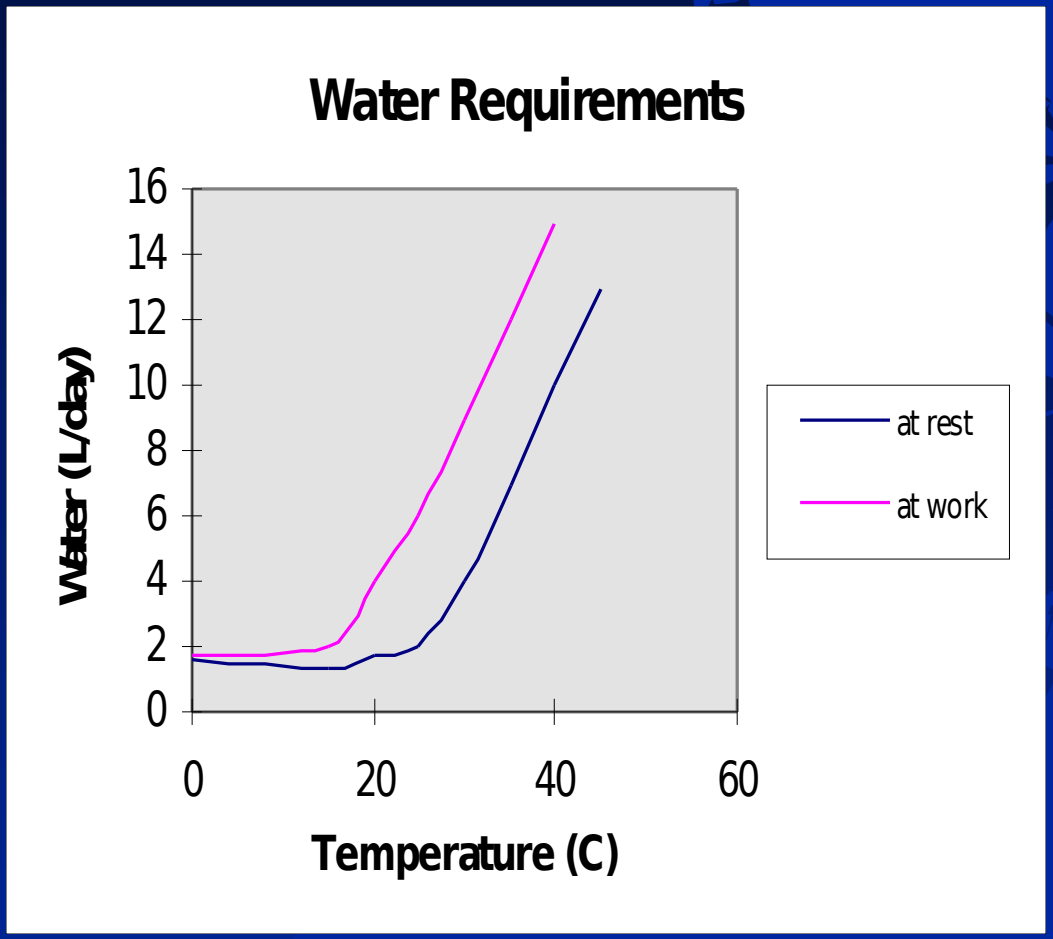
Body Water

- Intracellular - 40%, 28L
- Extracellular - 20%, 14L
  - Interstitial - 15%, 10.5L
  - Intravascular - 5%, 3.5L

Water Losses

- Obligatory
  - Urine
  - Sweat
- Variable
  - Temperature
  - Work Rate

Fluid Requirements



- In this weather you need 7 L/day at rest and 12 L/day at work

Mission Application

- Heat Injury
- G Tolerance
- Decompression Sickness

Prevention

- Prehydration
- Hourly Replacement

Summary

- Your body needs water
- You need water to maximize mission effectiveness
- You can only get it by drinking it

Questions?